



# Feed Me GIVE ME WHAT I NEED!

Eat...

LESS

ENOUGH

LOW FAT DAIRY FOODS for calcium and enough lean meats or beans for iron.

MORE

FRUITS AND VEGETABLES than you're used to eating.

PLENTY

BREADS, CEREALS, RICE, AND PASTA, including whole grain products, as your best foods for energy.

KEY

HIGH IN  
ADDED SUGAR/  
NO FAT

NO OR  
LITTLE FAT

SOME FAT

HIGHER FAT

**FATS, OILS AND SWEETS**  
add extra calories and provide little or no nutrients.

JELLY • SYRUP • POPSICLE • CANDY • SOFT DRINKS



CAKE FROSTING



**Choose LESS OFTEN Foods HIGHER in FAT**

SALAD DRESSING • VEGETABLE OILS • MARGARINE • CREAM CHEESE • BACON • CHOCOLATE • BUTTER



**MILK GROUP:**  
3 servings or more  
for teens

FAT FREE MILK • LOWFAT MILK • REDUCED FAT YOGURT • REDUCED FAT MILK OR COTTAGE CHEESE • PUDDING • FROZEN YOGURT • CHEDDAR OR AMERICAN CHEESE • ICE CREAM • MILKSHAKE • HALF & HALF



**MEAT GROUP:**  
2-3 servings

COOKED DRY BEANS AND PEAS • LENTILS • EGGS • BAKED FISH • SKINLESS CHICKEN • LEAN HAM • WATER PACKED TUNA • LEAN BEEF • PEANUT BUTTER • NUTS • HAMBURGER • FISH STICKS • PORK CHOP • HOT DOG

ORANGE JUICE • DRIED APRICOTS • CANTALOUPE • STRAWBERRIES • GRAPES • MANGO • PEACHES • WATERMELON • BANANA • KIWI FRUIT • FRUIT JUICE • PEAR • ORANGE • APPLE • FROZEN JUICE BARS

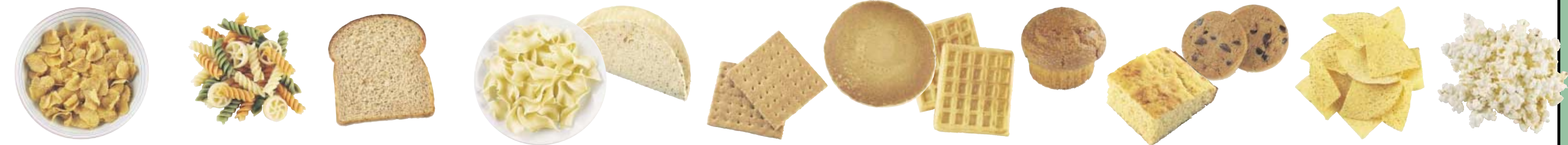
**FRUIT GROUP:**  
2-4 servings



**VEGETABLE GROUP:**  
3-5 servings

BROCCOLI • BAKED POTATO • TOMATOES • SWEET POTATO • BELL PEPPERS • OKRA • TOMATO JUICE • CARROTS • LETTUCE • SALAD • SPINACH • CORN • CABBAGE • PEAS • COLE SLAW • FRENCH FRIES • POTATO SALAD

**BREAD GROUP:**  
6-11 servings



CEREAL • RICE • PASTA • WHOLE GRAIN BREAD • COOKED CEREAL • HAMBURGER BUN • TORTILLA • PRETZELS • GRAHAM CRACKERS • PANCAKE • MUFFIN • CRACKERS • CORNBREAD • COOKIES • CORN CHIPS • BUTTERED POPCORN

Choose LESS OFTEN Foods HIGHER in FAT

USDA is an equal opportunity provider and employer.

EVERY DAY, eat *at least* the smallest number of servings from the food group ranges.